COVID-19 Clinical Provider Resources

Idaho-Specific Resources

- [Idaho Department of Health and Welfare Public Health District Information](#) – A list of contact information for all of Idaho’s public health districts.
- [Order PPE through the Idaho Office of Emergency Management](#); Online PPE ordering
- [Idaho Medical Association](#) – Coronavirus resources for physicians
- [COVID-19 in Idaho](#) – Idaho official resource for the novel Coronavirus
- [Idaho Board of Pharmacy FAQ for COVID-19 Declaration of Emergency](#) – An ongoing FAQ list collated by the Idaho Board of Pharmacy
- [Idaho State Board of Medicine Proclamation](#) – A proclamation stating that the Idaho Board of Medicine will issue temporary licenses to retired and inactive physicians, physician assistants, and respiratory therapists who have actively practiced within the last 5 years and have held a license to practice in good standing from Idaho or another state at the time of retirement or inactivity
- [Letter to Long-Term Care Facilities Regarding Clusters of Respiratory Illness](#) – Guidance from the Idaho Department of Health and Welfare on reducing risk of respiratory illness clusters and outbreaks
- [Idaho State Board of Pharmacy Temporary Rule 704](#) – Medication limits to address the issue of stockpiling chloroquine or hydroxychloroquine
- [Idaho Physician Orders for Scope of Treatment (POST)](#) – This form is designed for persons with advanced chronic, progressive and/or end-stage illness
  - [Idaho’s Repository of POST Forms](#)
- [Guidelines for Opening Up Idaho](#) – Criteria that must be met before Idaho advances to the next stage of reopening
- [COVID-19 Medicaid Updates](#) – Idaho Medicaid issues Information Releases (IR) to providers to update them on policy, billing, and/or processing changes. They are listed numerically with the newest at the top
  - If you have Medicaid questions, reach out to Medicaid Director, Magni Hamso, at magni.hamso@dhw.idaho.gov
- [Twin Falls Manor](#) – Specialized assisted living care for those impacted by COVID-19
- [North Idaho Palliative Care Coalition](#) – Advance directives information from the Northwest Hospital Alliance

Volunteer Opportunities

- [SURGE Volunteer Sheet](#) – A volunteer sheet for health professionals interested in volunteering with St. Alphonsus
• **St. Luke’s COVID-19 Response Intake** – A volunteer form for St. Luke’s

• **Find My Medical Reserve Corps** – Idaho is divided into 7 Medical Reserve Corps Units (MRC). Use this website to find the appropriate Medical Reserve Corps volunteer registry for your area
  o **Contact information** for the MRC coordinator in your district.

### Clinical Trials

• **ClinicalTrials.gov** - COVID-19 registered trials can be found here
  o The trial mentioned in the [NIH article on hydroxychloroquine](https://www.ncbi.nlm.nih.gov/pubmed/32679485) is identifier [NCT04332991](https://clinicaltrials.gov/ct2/show/NCT04332991)

• **Post-exposure Prophylaxis or Preemptive Treatment for Coronavirus** - The University of Minnesota is conducting a research study to determine if taking a medication called hydroxychloroquine can help in preventing or treating COVID-19 disease

### Calculators and Evaluators

• **Evaluating and Testing Persons for COVID-19** – CDC criteria to guide evaluation and laboratory testing for COVID-19

• **PSI/PORT Score** – Pneumonia Severity Index for community-acquired pneumonia

### Websites

• **American Medical Association** – AMA resource center for physicians

• **Centers for Disease Control** – Information for health care providers and the community
  o Specific to PPE (respirators and masks): [https://www.cdc.gov/niosh/docs/96-101/default.html](https://www.cdc.gov/niosh/docs/96-101/default.html)

• **World Health Organization** – Coronavirus disease outbreak information

• **Virginia Commonwealth University** – General COVID-19 updates from VCU Health

• **Johns Hopkins University** – Up-to-date statistics from JHU

• **Center for Infectious Disease Research and Policy** – Information for public health experts, business preparedness leaders, government officials, and the public

• **American Society of Health-System Pharmacists** – COVID-19 resources for pharmacists

• **Assessment of Evidence for COVID-19 Related Treatments** - ASHP provides this evidence table to help practitioners better understand current approaches related to treatment and care

• **American College of Occupational and Environmental Medicine** – COVID-19 resource center

### Articles

• **SARS-CoV02: What Do We Know So Far?** – An article by Dr. Pratik Hemant Khedkar and Professor Andreas Patzak

• **COVID-19 in a Paucisymptomatic Patient** – An article on the epidemiological and clinical challenge in settings with limited community transmission (Italy, February 2020)

• **LitCOVID** – A curated literature hub for tracking up-to-date scientific information about the novel Coronavirus
• Clinical Management of Severe Acute Respiratory Infection (SARI) when COVID-19 Disease is Suspected – Interim guidance from the World Health Organization
• Factors Associated with Mental Health Outcomes Among Health Care Workers Exposed to Coronavirus Disease 2019 – An article discussing health care workers’ potential psychological stress if they have been exposed to COVID-19
• International Pulmonologist’s Consensus on COVID-19 – An article discussing mode of transmission, epidemiology, clinical features, diagnostic modalities, treatment, prevention, and frequently asked questions

Recommendations, Checklists, Toolkits, and Handbooks

• COVID-19 Preparedness Checklist for Nursing Homes - This checklist from the CDC should be used as one tool in developing a comprehensive COVID-19 response plan
• Communications Triage Kit – A coronavirus communications triage kit from The Communications Network
• Handbook of COVID-19 Prevention and Treatment – from the First Affiliated Hospital, Zhejiang University School of Medicine
• ICU Preparedness Checklist – from the Society of Critical Care Medicine
• Household Checklist – A family planning checklist from the CDC
• Being Prepared in the Time of COVID - Three important things each of us can do, right now, to be prepared
• Center to Advance Palliative Care Response Resources – CAPC provides free resources on resilience, communication scripts, palliative care team tools, and more
• Proactive COVID-Specific Advance Care Planning Discussions – A guide for leading an advance care planning discussion for a patient who is at high risk of a poor outcome in the setting of COVID
• Discontinuation of Home Isolation – Recommendations from the CDC
• Discontinuation of Hospital Precautions – Recommendations from the CDC
• Symptom Checker – A COVID-19 symptom checker from the Mayo Clinic
• Running Essential Errands – Recommendations from the CDC
• Shopping for Food during the COVID-19 Pandemic – Information for consumers from the FDA

Videos

• Patient Intubation – An instructional patient intubation video by Dr. Benjamin Cornett

CME Opportunities

• Novel Coronavirus Education Resources – A list of accredited continuing education activities and additional resources that can help providers respond to COVID-19
• Mayo Clinic Talks COVID-19 – A mini-series podcast put on my Mayo Clinic
• University of Washington Tele-Antimicrobial Stewardship Program – Resources and CME opportunities through the University of Washington
• MD+ Calc – Free CMEs as a thank you for being on the front lines

Masks

• Strategies to Optimize the Supply of PPE and Equipment - CDC’s optimization strategies for PPE offer options for use when PPE supplies are stressed, running low, or absent
• Masks Reduce Exposure to Respiratory Infections Among the General Population – An article that finds any type of general mask use is likely to decrease viral exposure and infection risk on a population level, in spite of imperfect fit and imperfect adherence, personal respirators providing most protection
• Testing the Efficacy of Homemade Masks – An article that finds that a homemade mask should only be considered as a last resort to prevent droplet transmission from infected individuals, but it would be better than no protection

Provider Self-Care

• Self-Care for Helpers – A Behavioral Health ECHO session on self-care for helpers presented by Jeremy Stockett, LCSW, on March 20, 2019
• Coping for Health Care Workers during COVID-19 – A slide deck from Jennifer Dougall, PhD, with Northeast Ohio Medical University
• Resources to Support the Health and Well-Being of Clinicians during the COVID-19 Outbreak – Resources from the National Academy of Medicine
• Emergency Responders: Tips for Taking Care of Yourself – Information from the CDC
• Understanding Compassion Fatigue – This fact sheet explains the causes and signs of compassion fatigue, offers self-care tips for coping, and discusses compassion satisfaction
• Preventing and Managing Stress – This fact sheet provides tips to help disaster response workers prevent and manage stress while on assignment
• Humor and Resilience – Information on using humor to build resilience from Dr. Abhilash Desai
• FACE COVID - A set of practical steps for responding effectively to the Corona crisis, using the principles of acceptance and commitment therapy (ACT)
• National Academy of Medicine – Strategies to support the health and well-being of clinicians during the COVID-19 outbreak
• Coronavirus Anxiety Workbook – A tool to help build resilience during difficult times
• COVID-19 Tips Part 1 (for patients) and Part 2 (for providers) – Tips for coping with the COVID-19 pandemic by Amy Walters, PhD at St. Luke’s Humphrey’s Diabetes Center
• Kindness Poem – A poem by Naomi Shihab Nye

Apps for Self-Care

• Headspace – Headspace, a guided meditation app, is offering all US healthcare professionals who work in public health settings free access to Headspace Plus through 2020
• Moodgym – Similar to an interactive self-help book which helps to learn and practice skills to prevent and manage symptoms of depression and anxiety
• Insight Timer – A large, free library of guided meditations
• Sanvello (formerly Pacificia) – On-demand help for stress, anxiety, and depression
• Calm – An app for sleep, meditation, and relaxation
• Buddhify – A meditation and mindfulness app designed to fit busy lifestyles
• Stop, Breathe, & Think – A friendly app to guide people through meditations for mindfulness and compassion

Perinatal Considerations

• pregnancycovid19.com- Information hub containing handbooks, toolkits, and additional resources for medical professionals to understand and address concerns about COVID-19 among pregnant women
• American College of Obstetricians and Gynecologists COVID-19 Information- Latest practice guidance: Advisory on Novel Coronavirus 2019 (COVID-19) including an algorithm to aid in assessment and management of pregnant patients with suspected or confirmed COVID-19
• Society for Maternal Fetal Medicine COVID-19 Guidance – Up-to-date guides and webinars containing information about caring for pregnant women for maternal-fetal medicine practitioners
• CDC on Breastfeeding - If a patient is breastfeeding and has symptoms of or confirmed COVID-19, here are steps they can take to avoid spreading the virus to their baby
• PRIORITY - Pregnancy CoRonavirus Outcomes RegIsTrY (PRIORITY) is a nationwide study of pregnant or recently pregnant women who are either under investigation for Coronavirus infection (COVID-19) or have been confirmed to have COVID-19

Pediatric Considerations

• Talking to Children – Guidance for parents in talking to children about coronavirus
• Child-Centered Play Therapy – Information on child-centered play therapy and telehealth
• Coronavirus Coloring Book – A coloring book from St. Jude’s to help children understand COVID
• My Hero is You (Spanish version) – A storybook to teach children how they can fight COVID
• Why Do I Have to Stay Home? – A social narrative for children
• The Story of the Oyster and The Butterfly – A book to explain COVID to children
• Resources for ASD and Intellectual Disability – A collection for resources for children with ASD and/or intellectual disabilities
• Resources for Pediatric Considerations – A list of pediatric resources